

CBBCA



Chinley, Buxworth & Brownside
Community Association

**IN ASSOCIATION WITH
HIGH PEAK RUNNING GROUP CHINLEY**

AND



ARE OFFERING A FREE

10 WEEK JOGGING COURSE FOR COMPLETE BEGINNERS

LED BY A QUALIFIED JOG LEADER

**EVERY FRIDAY MORNING, 9.30 A.M., STARTING 5TH FEBRUARY
AT THE COMMUNITY CENTRE, LOWER LANE, CHINLEY,
CHANGING FACILITIES AVAILABLE**

**SESSIONS WILL LAST APPROX 45 MINS, AND WILL START
WITH GENTLE STRETCHING AND
WARM UP, FOLLOWED BY WALK/JOE ACTIVITIES.**

**FOR FULL DETAILS OR TO RESERVE A PLACE
CALL LIZ STILLO ON 01663-750640
OR EMAIL LIZSTILLO@DSL.PIPEX.COM**

**OR VISIT THE COMMUNITY ASSOCIATION WEB SITE
www.chinleyca.org.uk**